273 ant said, "Sometimes a man who has drunk this beer will sleep on the ground all day and say nothing."

263 438 Salt is a welcome gift in all parts of Angola. Native tribes appreciate its culinary value but show no eagerness to barter for the commodity. At the present time salt is sold in every trader's store, but in earlier times the substance had to be obtained along caravan routes from the coast and was therefore more highly prized than it is today.

317 [231] The Ovimbundu realize the value of salt in the diet of cattle; therefore the animals are occasionally driven to a salt lick in the hills. The Ovimbundu do not use this salt for their own diet, possibly because the salt enjoyed by the cattle is some form of potash and not sodium chloride.

[171] The Vachokue extract salt from the leaves of a river plant by burning it to ashes which are soaked and strained. This is a common African method, but I did not hear of it among the Ovimbundu. The probability is that the Ovimbundu have always obtained salt from the coast.

372 In connection with cooking and brewing beer, methods of making fire are of importance.

Matches are coming into use among the Ovimbundu, but the necessity for them is not great as the hearth fire is not extinguished. [354] In the center of each hut is a fireplace made of three hearth-stones over which logs of wood are placed with their ends in the fire which is kept alight by pushing the logs forward from time to time. A blaze is made by breaking off bark from the logs, placing it on the center of the fire and blowing. Fire is carried from one place to another by conveying a smoldering log. In the Esele country boys may be seen setting off at dawn to scare birds in the corn field, each carrying fire with him.

Usually the children or some other members of the family sleep on mats close to the fire, which requires no attention other than a pushing forward of the logs.

372 171 The Vasele make fire by the twirling method, and at Ngalangi the same procedure was witnessed. In the twirling method two different kinds of wood are used, soft wood for the base and hard wood for the twirling stick. The twirler used at Ngalangi was a piece of cane into the end of which a piece of hard white wood was secured by binding. Ngonga, my interpreter and informant, thinks that any man of the Ovimbundu could make fire by the twirling method if the necessity arose, but the performance witnessed at Ngalangi led me to doubt the truth of this statement. The operator